



ST. CATHERINE
UNIVERSITY

THE EFFECTS OF MINDFULNESS ON STUDENTS' ATTENTION

An Action Research Report
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Purpose of the Research

- This action research project examined the effects of mindfulness and meditation on attention among elementary students.
- Central to the Montessori pedagogy is the idea of deep concentration.
- I examined if mental and physical training fostered the ability to concentrate in the classroom.

Background

- Participants: A Montessori classroom composed of 26 children ages nine to twelve.
- Three days of baseline data. Four week intervention with data collection.
- Data collection methods: Observational records, journal notes, group discussions and questionnaires.

The Interventions: Mindfulness and Meditation

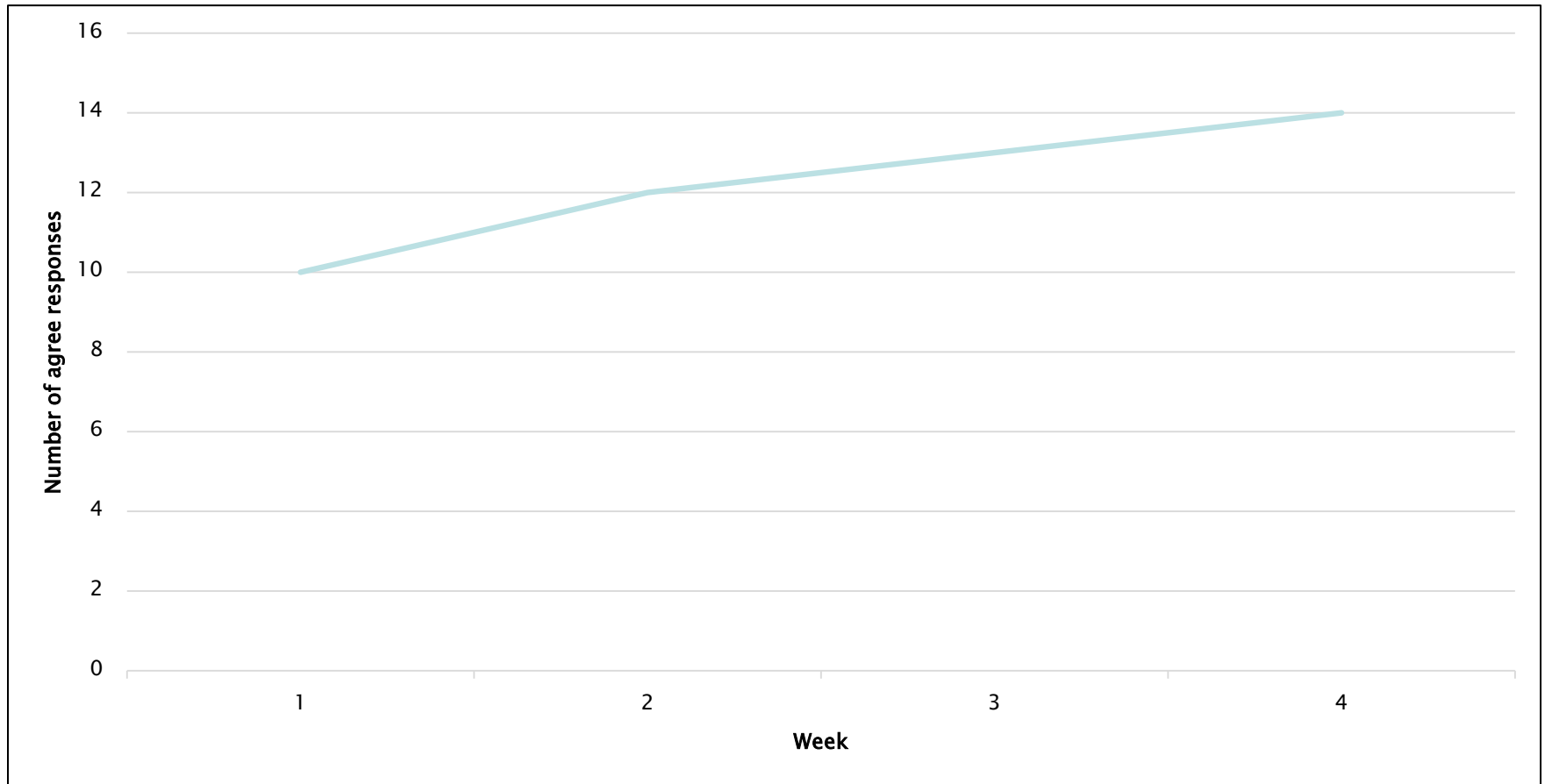
- Mindful movements in the morning. Modeled from Thich Nhat Hanh's *Ten Mindful Movements*.
- Daily meditation in the afternoon. Silent meditation to instrumental music for three to five minutes.



Results

- The percent of on-task behavior did not increase with the implementation of mindfulness practices.
- However, children reported through group dialogue and questionnaires that mindfulness practices had a positive impact on their daily lives.
- Children also believed mindfulness practices increased their ability to focus.

Questionnaire Response: Mindfulness practices help me focus.



Results

- Children frequently used breathing techniques to focus and they plan to use mindfulness techniques in the future, particularly in competitive events.

Group Dialogue Question: How will you use mindfulness in the future to improve concentration?

Response	Frequency of Response
Before competitive events	3
Before dance or sports	8

What does this mean for the classroom?

- Children enjoy mindfulness and mediation.
- Meditation is a practice. Improvements in attention may appear over time.
- Each child will find different techniques beneficial.
- Mindfulness may be useful in helping children learn conflict management as empathy increases with continued practice.

Questions?

